

Meme Triad: Choices (Solution-Focused)

Name: _____ Date: _____

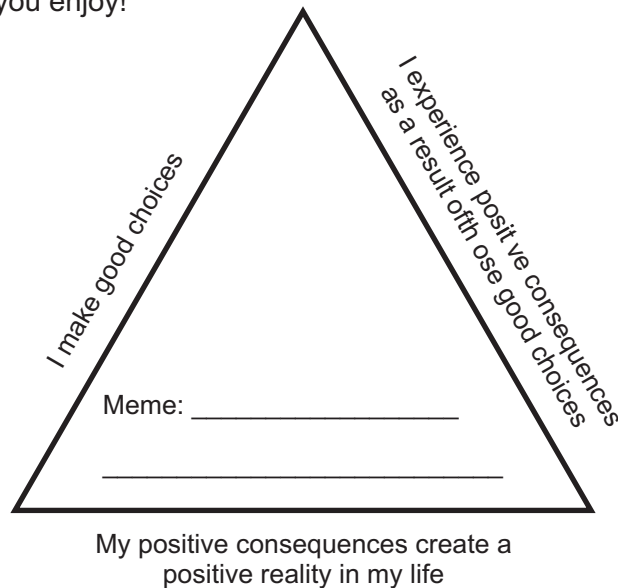
As we lose the desire to be emotionally aggressive towards others, we become emotionally secure with ourselves. This emotional security usually manifests as feelings of self-confidence and stability. These feelings are almost always a result of our mindful life choices.

In the 'Meme' space below, write a meme that has led you to make positive choices in your life. In the 'What' space below, list the ways these choices have led to positive consequences in your life and in your moods.

In the 'Why' space below, think of the times when you have made choices that led to consequences you wanted. Why did you make those choices, and how can you continue to make these positive, self-affirming choices in the future? Be honest with yourself!

In the 'How' space, list ways you believe in your ability to make positive choices. What would need to change so that you could continue make better choices? Are there some choices you might need help with? How many can you make on your own?

After answering these questions, indulge yourself for making positive choices by rewarding yourself with something you enjoy!



What: _____

Why: _____

How: _____
